

The guidelines used for this list are as follows:

- Not more than 35% of total calories from fat (except nuts or seeds).
- Not more than 10% of total calories from saturated fat.
- Not more than 35% of total weight is composed of sugar (except fruits and vegetables).

*These guidelines are taken from SB 19, a recent bill passed that sets guidelines for foods to be sold at California elementary schools.

Costco Healthy Food List

Product	Servings per Package	Serving Size	Calories per Serving	% Total Weight Sugar	% Total Calories from Fat	% Calories from Sat. Fat	Total Price	Price per Serving
Power Bar Variety Pack	24	1 bar	230	31%	10%	2%	\$21.89	\$ 0.91
Kellogg's Nutri-Grain Cereal Bars	24	1 bar	140	35%	19%	3%	\$ 6.99	\$ 0.29
Laura Scudders Peanut Butter Filled Pretzel Nuggets	48	1 oz	150	3%	48%	6%	\$ 5.89	\$ 0.12
Quaker Chewy Granola Bar Variety-Pack	30	1 bar	150	32%	24%	6%	\$ 6.99	\$ 0.23
Laguna ABC123 Cookies	61	11 cookies	120	23%	30%	7.50%	\$ 4.89	\$ 0.08
Laura Scudders Mini Pretzels	64	1oz	110	0%	<8%	0%	\$ 2.15	\$ 0.03
Kirkland Rice Crackers and Nuts	38	1/3 cup	160	3%	51%	5.60%	\$ 5.49	\$ 0.14
Nature Valley Crunchy Granola Bar	32	2 bars	180	26%	30%	3%	\$ 6.99	\$ 0.22
Kellogg's Rice Krispy Treats	30	1 bar	90	36%	20%	5%	\$ 5.99	\$ 0.20
Traditional Chex Mix	30	1 bag	210	6%	17%	4%	\$ 8.39	\$ 0.28
David's Sunflower Seeds	24	1 bag	160	4%	73%	8.50%	\$ 6.99	\$ 0.29

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Kings Hawaiian Teriyaki Chicken Bowl	6	1 Bowl	450	5%	16%	5%	\$ 8.69	\$ 1.45
Don Miguel Lean Olé! Burritos Variety Pack	10	1 burrito	360	1%	10%	2.50%	\$ 8.49	\$ 0.85
SUPERPRETZEL®	20	1 pretzel	390	3%	0%	0%	\$ 5.75	\$ 0.29
Lean Pockets Meatball with Mozzarella	12	1 pocket	300	8%	21%	10.50%	\$ 9.75	\$ 0.81
Don Miguel Garlic Chicken Flautas	8	2 flautas	250	3%	18%	3.60%	\$ 6.39	\$ 0.80
Salsa	48	2 Tsp.	5	1 g/serv.	0%	0%	\$ 4.35	\$ 0.09
Mott's Applesauce Individual Cups	24	1 cont.	90	16%	0%	0%	\$ 5.99	\$ 0.25
Dole Fruit Bowls	16	1 cont.	80	15%	0%	0%	\$ 6.99	\$ 0.44
The Bagel BB Bakery Energy Bars	12	1 bar	213	6.50%	6%	2%	\$ 3.99	\$ 0.33
Kirkland Roasted & Salted Peanuts	29	3 Tsp.	190	0%	71%	9.50%	\$ 5.49	\$ 0.19
Kirkland Pistachios	66	½ c	180	0%	70%	7.50%	\$ 8.79	\$ 0.13
Pacific Gold Turkey Jerky	8	1 oz	80	11%	11%	0%	\$ 5.99	\$ 0.75
Pacific Gold Beef Jerky Hot & Spicy	8	1 oz	90	14%	10%	5%	\$ 5.99	\$ 0.75
Pacific Gold Teriyaki Beef Jerky	8	1 oz	80	11%	11%	5%	\$ 5.99	\$ 0.75
Pacific Gold Original Beef Jerky	8	1 oz	80	11%	11%	5%	\$ 5.99	\$ 0.75
Dannon Light & Fit Non-Fat Yogurt	12	1 cont.	120	7.50%	0%	0%	\$ 6.99	\$ 0.58
Kirkland Lowfat Yogurt	12	1 cont.	240	19%	7.5%	6%	\$ 4.99	\$ 0.42

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Wampler Foods Turkey Burgers	12	One burger	130	0%	21%	7%	\$9.99	\$0.83
Barber Foods Stuffed Chicken Breasts	6	One piece	190	2%	24%	7%	\$8.99	\$1.50
Smart Ones Pizza Four Pack	4	One pizza	400	4.5%	20%	7%	\$7.79	\$1.95
Stock Pot Seafood Gumbo with Rice	4.5	One cup	200	1%	16%	0%	\$7.29	\$1.62
Señor Felix Black Bean and Jack Cheese Burrito	6	1/2 burrito	260	1%	24%	10%	\$3.99	\$0.66
Monterey Pasta Co. Cheese Ravioli	10	One cup	240	1%	11%	6%	\$7.99	\$0.80
Golden Crust Three Cheese Garlic Bread Sticks	24	One stick	100	3%	14%	9%	\$3.59	\$0.15
Pic-A-Bagel Premium Plain Mini Bagels	15	Two bagels	200	3%	4.5%	0%	\$2.65	\$0.18
Milton's Healthy Multi-Grain Bagels - Original	12	One bagel	290	10%	3%	0%	\$3.69	\$0.31
Premium Saltine Crackers - Original	91	5 crackers	70	0%	26%	0%	\$3.29	\$0.04
Crunch Master Oven Baked Rice Crackers	30	16 crackers	120	3%	15%	0%	\$4.99	\$0.17
Honey Maid Grahams	40	8 crackers	140	26%	19%	3%	\$4.79	\$0.12
The Spice Hunter - Stuffed Potato in a cup	12	One cup	160	2%	17%	6%	\$5.99	\$0.50
Dole Fruit-n-Gel Bowls	16	One cup	80	16%	0%	0%	\$6.99	\$0.44
Boardwalk Pizza Bagels	24	One bagel	210	2%	15%	6%	\$9.89	\$0.41
Kelloggs Eggo Homestyle Waffles	30	2 waffles	190	3%	33%	7%	\$6.99	\$0.23
Morningstar Farms Veggie Breakfast Patties	24	One patty	80	<3%	34%	6%	\$8.29	\$0.35
Kirkland Fruit and Nut Medley	45	1/4 cup	130	43%	42%	0%	\$7.29	\$0.16
Pooka Pooka Maui Kapowee Hawaiian Sweet Bread Gourmet Bagels	12	One bagel	290	13%	25%	6%	\$4.39	\$0.37